



Awake in the Wild: Reconnect with Nature and Discover Yourself - A Journal (Hardback)

By Christopher O'Brien

Rock Point, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Return to nature each season Awake in the Wild, a quote filled, guided journal that pulls inspiration from nature as it shifts. Feel rebirth in the spring, rest in the winter, and everything between. Unplug from the overwhelming digital age and let this beautifully illustrated journal guide you through the seasons and record your thoughts and reflections on nature. Awake in the Wild is a keepsake journal that features passages connected to what is occurring in nature, questions to spur self-reflection, and space to capture your inner voice as the world shifts around you. Spring, for example, represents renewal with quotes and passages about starting anew that will spur a restart in your own life. Summer focuses on exuberance and simplicity, a place where you can reflect on the bright, bold moments in your life and enjoy the simple pleasures of summer. Fall exemplifies rethinking and self-improvement, featuring ways to reflect on what you have learned and how you can grow as a person both spiritually and intellectually. Winter focuses on hibernation and finding quiet peace. As in the natural world, taking a break and finding peace...



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